



@oakwood

March - 2023

# OPGS Spring Showcase

Dear Parents, Carers and Students,

Welcome to the March edition of @Oakwood. I have been particularly delighted to see how well pupils have engaged with the school's commitment to improve literacy levels by fostering a love of reading. From book clubs in the 6th Form to pupils in form time reading the same book together, it has been a real joy to see. World Book Day was a particular highlight.

Thank you as ever to the publishing team of Mr Peacock, Ms Goodhew and Mr Solly for producing this edition. I hope you enjoy it.

Best wishes



Mr K.W. Moody - Headteacher

STRIVE

AND

SERVE

# OPGS Page Turners 1st Meeting

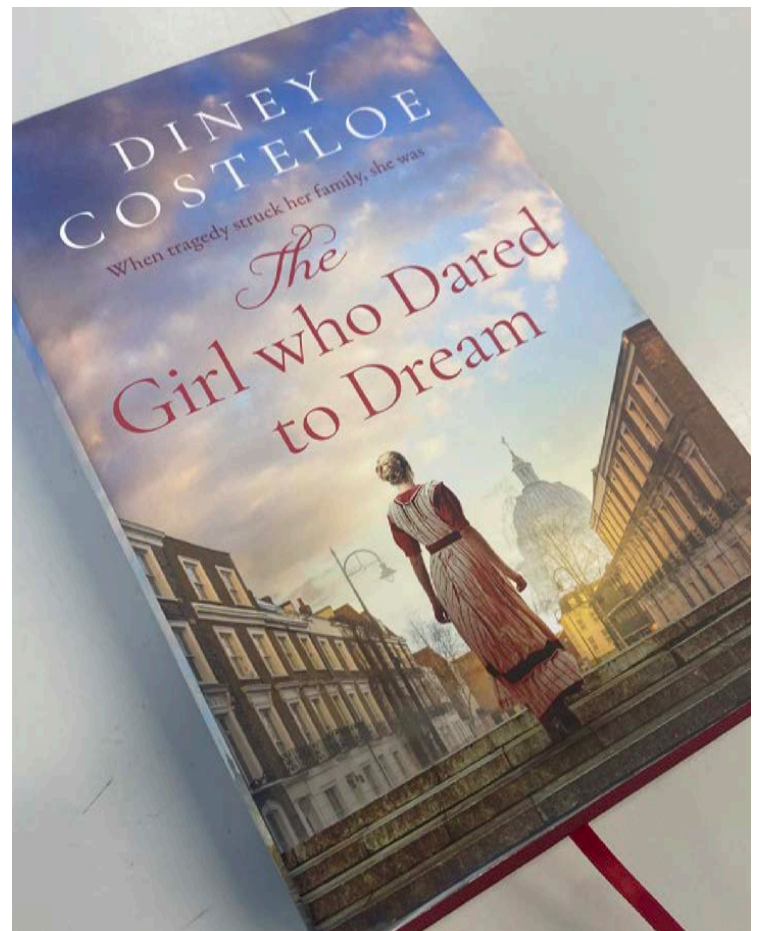
OPGS Page Turners is a reading and review book club made up of both teachers and A level students.

Over the course of the school year the club will have read three separate novels and reviewed them together. The club's aim is to grow a love of literature and kindle love for new genres outside of people's comfort zones; whilst also allowing a session with which they can express their opinions as a collective.

On the first official meeting the discussion was focused on Diney Costeloe's, 'The Girl who Dared to Dream'. The story entails a girl with a goal in 1912 London who is met with sudden and drastic inconveniences which force her away from her desired future. The opinions varied from

appreciative and engaging to critical. Though the story was fun and written to the extent reading was undemanding, it left the majority at the club wanting: longing for much needed development of character, longing for more stress on a feminist narrative and longing for a more satisfying outcome.

Erik and Poppi.



To supplement what students are doing in class, after school the English Department are running a series of lectures on different topics from both the Language and Literature courses at GCSE and A Level.

Each member of staff is planning a lecture on a specific area to add to our class content by giving students something extra on each of the different areas. For example, Ms George is looking at the significance of the Bible across a range of literature texts and to kick off the series, Ms Goodhew began by looking at the issue of Gender and Identity.

So, did you know:  
What was the suffragettes' slogan and why was that important?

Are job titles defined through male-centric vocabulary?

Is turn-taking in everyday conversation a gendered activity?

How about the fact that Margaret Thatcher had voice training to deepen her pitch by nearly half the average difference between male and female,

in order to be taken more seriously.

From Pygmalion to women-led protests to politics, we analysed how gender and identity are inextricably linked to the language we use. Simone de Beauvoir once said "one is not born, but rather becomes a woman". Rather, we examined the way that gender is not something we are born with, it is something we perform. As such, gender, as opposed to sex, is a social construct. It is constructed by various cultural practices and societal customs. Language is a communicative practice which influences and is influenced by cultures. Therefore, language – as a behaviour – holds a mirror up to our societal values, so changing the way we think about language is an important step toward changing the way we think about gender.

The students who attended the lecture engaged with the topic really well, and asked thought-provoking questions, as well as sharing their own gendered experience from examples of everyday speech. The intention of this lecture series is to offer an enrichment and extension to what students have studied in class already, by revisiting it from a new angle. The lectures will continue across the course of the Summer terms.



# History Awareness Day: 25th Anniversary of the Good Friday Agreement

Signed in 1998 this offered peace and an end to 'The Troubles' in Northern Ireland.

## Miss Aldous:

Polarisation in politics is not new and twenty-five years ago, there seemed to be an unbridgeable divide in Northern Irish society which, since the 1960s, had led to 3500 deaths. Divisions between, and frequently within, Nationalist and Unionist communities had cemented over the previous three decades. There was suspicion, fear, anger and ever-present danger from violence, reprisal attacks and bombings. In April 1998 a deadline was set for a new agreement to be reached about the governance of Northern Ireland involving the Republic of Ireland, the British Government and major political parties in Northern Ireland. Success seemed unlikely and Prime Minister Tony Blair's famous 'I feel the hand of History upon our shoulder' comment was delivered before a deal was made; an attempt to hasten a workable compromise.

Finally on 10th April 1998 the Agreement was announced. Passed by 72% in a referendum in



Northern Ireland that May, it meant that power would be shared in Northern Ireland between Unionist and Nationalist parties, with Britain no longer having the direct role it had taken since 1972. Northern Ireland was formally recognised as part of the UK by the signatories. The Irish constitution was altered. Paramilitaries began to lay down weapons and the British military presence was scaled back. Since then it has not been a perfect arrangement nor even at times a functioning system. There has been bad faith and accusations of corruption resulting in a non-functioning executive. Most recently the Brexit protocol, with its Irish Sea border for goods, is presenting major challenges. Present-day politicians in Northern Ireland, Ireland and Britain face major hurdles and questions over the functioning of the Stormont legislature.

Nevertheless, the ability of citizens and politicians to achieve a pathway to peace through negotiation and agreement stands as example of what can be achieved through discussion, dialogue and understanding.

**The Irish Mirror**  
PRINTED IN IRELAND

## JUST VOTE YES

**We can't deny our children a future**

# Literacy Lessons. Inspirational Poems

## Make the Most of Life

Abolish negative attitudes,  
Welcome impeccable attitudes,  
Overcome negativity,  
Make the most of life.

Devastating news may fill your mind,  
But illuminate the positive thoughts,  
And try your best,  
Make the most of life.

Anticipation is needed,  
Try thoroughly  
To make a difference.  
Make the most of life.

Excruciating memories may bring you down,  
But you must fight back.  
Astounding attitudes are integral,  
Make the most of life.

Try your best,  
Until the work is done  
And when it is,  
Make the most of life.

Keep pushing forward,  
Don't give up,  
When you cross the finish line,  
Make the most of life.

Complete everything to the best of your ability,  
Never get lazy,  
Be as resilient as possible,  
Make the most of life.

**By Alfie Attwater P7**

## Sports is made for anyone!

Sports can sometimes be excruciatingly painful  
when you fall to your knees.

Sports can be devastating  
When you lose your favourite match.

But like anything sports isn't about the victories and  
the losses.

Its about the burning anticipation inside if you wait-  
ing to illuminate.

It's the enriching moments that light the pathway  
through your memories.

It's about persevering to your own strengths.

Sports is made for your body and your mind to  
thrive as one and the maximise their limits.

Sports is made to break down those hard rocks in  
your way and to find the glistening diamonds that  
you will keep with you forever.

Remember, like anything sports isn't just made for  
the people with talents.

It's made for the people that want to have fun.

**Archie Spreckley P7**

## You Will Always Learn

In PE your experience is enriching  
You learn many things to illuminate the way  
In rugby you will be impeccably covered in mud  
It is integral to know that you will always learn  
To maximise the experience, you must learn the art  
of activity

It's astounding to see professional people do the  
same as you

Make sure to check out other sports

To find the answer to difficult questions

In History you learn about slave trade abolishment

You learn about Jack the Ripper

In England we used to speak French

It is important to know you will always learn

Focus on importance in English

Then it will never be excruciating

You will learn how to use hyperbole

It is integral to know you will always learn

Attention is implored in computing

Else you might miss something

Important as hope in life

It is important to know you will always learn

In maths you learn algebra

Else you cannot maximise the experience

You must listen to the teacher to improve

It is integral to know you will always learn

Pay attention in DT

As you must have a crafty hand

You must make things from all materials

It is important to know you will always learn.

**By Jack Hammick P7**

# Invicta Teams Challenge

On the 6th of March, 2 Year 11 students (Austin Lam and Hallee Lou) and 2 Year 10 students (Marcus Choi and Arthur Mak) were invited to the Invicta Maths Teams Challenge,

after winning the semi-finals back in November. It was especially competitive, every school in Kent had the chance to compete. Those that managed to qualify to the finals along with Oakwood were: Cranbrook School, Tonbridge School, Tonbridge Grammar, King's School Canterbury, and Simon Langton Boys.

The event was very well run and our students thoroughly enjoyed the day - answering perplexing puzzles and complex conundrums the whole day through. Their favourite round was a puzzle round, which was akin to an even more brain scratching version of sudoku. They did not drop any points in the puzzle round.

There were four rounds in total, with our boys performing extremely well in the relay round also, only dropping one point - also being the only team to

finish early in both rounds. In the whole event, they only dropped 8 points, out of 151 possible points. This solidly cemented them in first place, an amazing achievement that is representative of the effort they put in week-in-week-out, sacrificing their lunches, and doing maths outside of school.

We are incredibly proud of our boys, and look forward to future mathematical opportunities.

Here is a picture of the boys with their trophy:



## Kangaroos and Olympiads

Challenges Again! Back in the beginning of February, the top 120 students from across Year 9 to 11 took place in the Intermediate Maths Challenge, and we wrote about their successes in our last newsletter.

The top 5000 were invited to the next round. For the year 9's, they were invited to the Grey Kangaroo; the year 10 and 11's were invited to the Pink Kangaroo. Then 3 students took part in the maths Olympiads, which only the top 1000 students in the country take part in.

The Kangaroos are a set of 25, multiple choice questions – which are even harder than the last, since they are up against the very best in the country! The grading is also harsher, since you either get a merit certificate or a qualification certificate.

Even to qualify is a feat within itself. Only the top couple of thousand students in the country are able to achieve the merit certificate.

So, a massive congratulations to the following students for this achievement:

Year 9: Aston Cheng, Finley Davies, Louis Holness, Leo Jones, and Matthew Sandman.

Year 10/11: Marcus Choi, George Parker, and Ethan Woodward.

Also a congratulations to the following students for qualifying – all of whom were a matter of a question or two away from a merit certificate.

Freddy Chapman, Joshua Kwong, Nathan Peake, Johann Ajish, Austin Lam.

be sure to update you as soon as they are available. Best of luck to Isaac Wenborn, Arthur Mak, and Hallee Lou.

It is amazing to see our students compete at such a high level and show their skills, not just in standard mathematics, but the whacky, out-of-class maths with their astounding problem solving skills.

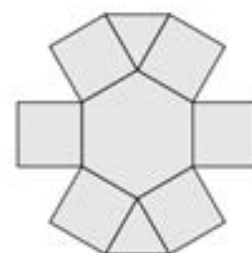
The next date for your calendars is the Junior Maths Challenge, happening on the 24th of April, for the Year 7's and 8's (who have already started preparing for the challenge!)

We are eager for the Olympiad results and we will

Here is a problem from the Grey Kangaroo and one from the Pink Kangaroo for you to enjoy:

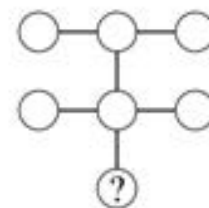
Elizabetta wants to write the integers 1 to 9 in the regions of the shape shown, with one integer in each region. She wants the product of the integers in any two regions that have a common edge to be not more than 15. In how many ways can she do this?

- A 8      B 12      C 16      D 24      E 32



Seven different single-digit numbers are written in the circles of the diagram shown with one number in each circle. The product of the three numbers in each of the three lines of three numbers is the same. Which number is written in the circle containing the question mark?

- A 2      B 3      C 4      D 6      E 8



If you want the answers, just read the starting letters of the first two words of this article.

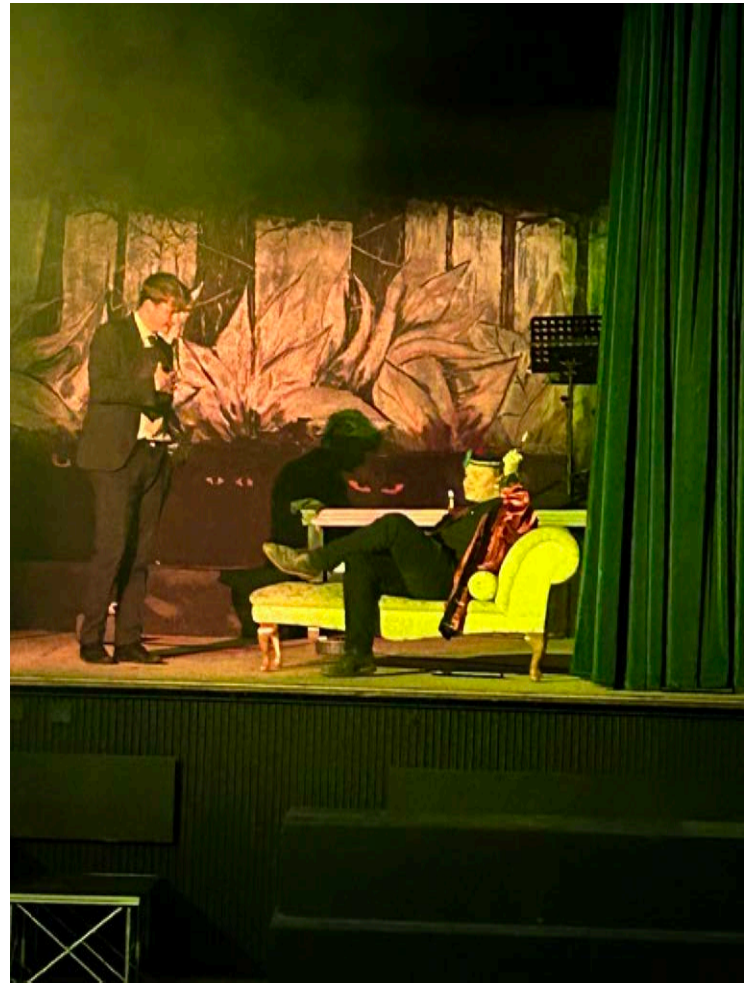


# Drama Productions

Year 13 Theatre Studies Students performed their Monologues from 1984, The Drowned World, Mary Stuart, A Clockwork Orange, Trainspotting and A Picture of Dorian Grey.

The photos are from their Group performance of the hilarious comedy The 39 Steps which romped along! All students performed with precision, nuance, and outstanding timing.

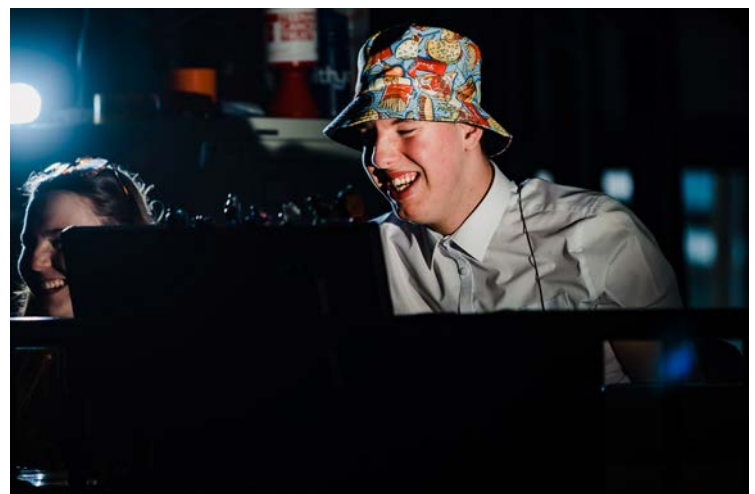
Year 11 GCSE Drama students performed extracts from Lord of The Flies, Of Mice and Men, A Clockwork Orange, Blood Brothers and Journeys End for their GCSE Practical exam. The standard was consistently high, and the students conducted themselves with the utmost professionalism.





# Easter Music & Drama Showcase in Photos.

The Drama and Music students have been working hard preparing for the Easter Music and Drama Showcase. Photos by Mr Solly.











# National Junior Indoor Rowing Championships

On Friday 3rd March myself and several other OPGS students attended The National Junior Indoor Rowing Championships at the Copper Box Arena in Stratford, London. This is a huge event with numerous rowing clubs and schools in attendance from all around the country.

It was an all-day event, and when I first arrived there were already races taking place. There were many age groups, and I took part in the under 16's relay and the year 10 singles. The relay event was a 16 minute race with the winner determined by the distance your team could travel on the rowing machines in the time available. Each person was on the rowing machine for 30 seconds and our changeovers had to be as efficient as possible to ensure we placed well against the other clubs and schools. We rowed for 30 second bursts, doing this four times each and managed to achieve a top 3 finish within our race. A nervous wait

followed as the second race for our age group followed to determine the final standings. To our disappointment we slipped from the top three to narrowly miss out on a podium place. Luckily, our A team managed to come second and put Maidstone on the podium.

In the singles I was a lot more nervous and leading up to it I was preparing myself for it as best I could. It was 5 minutes long, and the aim was to go as far as possible. I was fast approaching the race and as I sat on the rowing machine my nerves finally settled and I was ready to do it as best I could. There were 100's of year 10's competing, and I managed to come within the top 60, and for my first time at a major competition I was really happy with this outcome. I look forward to continuing my training and having the opportunity to improve on this at the 2024 championships.

Copper Box Arena, Stratford, London

By Harry Cornwell



## OPGS Parents Association Summer Fair - Saturday 17 June 2023 10am to 1pm

Do you make lovely crafts or bake yummy cakes and pastries? Do you have a small business and would like to sell your products/crafts/cakes at the Summer Fair for an agreed donation to OPGSPA? Please email [Chair@opgspa.org.uk](mailto:Chair@opgspa.org.uk) with details of your wares.

We welcome raffle prizes. Do you work for a gym or spa, a photo studio, a local football/rugby/cricket club? Are you a beauty therapist, a driving instructor, or do you make personalised gifts? Would your business or employer like to donate a raffle prize or a gift voucher? Please email [Chair@opgspa.org.uk](mailto:Chair@opgspa.org.uk) with details.

## Pre-Loved Uniform

We need more donations! We take all uniform, PE kit and accessories, and stationery which still have a good amount of life in them. Please leave clean uniform, PE kit and accessories, and stationery at the school office.

## Volunteering with the PA

We really appreciate any time you can give setting up or putting away the uniform sales, selling uniform, selling refreshments, helping at the summer fair. If you can spare any time volunteering with us, please email [Chair@opgspa.org.uk](mailto:Chair@opgspa.org.uk)

The Parents Association (PA) are all parents and carers of OPGS young adults, and we fundraise to enhance pupils learning experiences and enrichment. We are all volunteers, doing this valuable work around our jobs and family life. If you can offer anytime to help support us in our fundraising activities, please email [Chair@opgspa.org.uk](mailto:Chair@opgspa.org.uk)

## Other ways you can support the PA

It is really easy to sign up for Easy Fundraising and nominate OPGSPA. You can earn free donations for OPGSPA every time you shop online. Online stores include Amazon, M&S,

Tesco/Morrisons/Sainsburys groceries, John Lewis, Ebay, Just Eat, Argos - there are 100s of stores. Get the app on your phone and do all your online shopping via Easy Fundraising to raise free donations for OPGSPA.

<https://www.easyfundraising.org.uk/causes/oakwoodparkgrammar/>

With best wishes

Sarah Harewood  
Oakwood Park Grammar School  
Parents' Association Chair

[Chair@opgspa.org.uk](mailto:Chair@opgspa.org.uk)



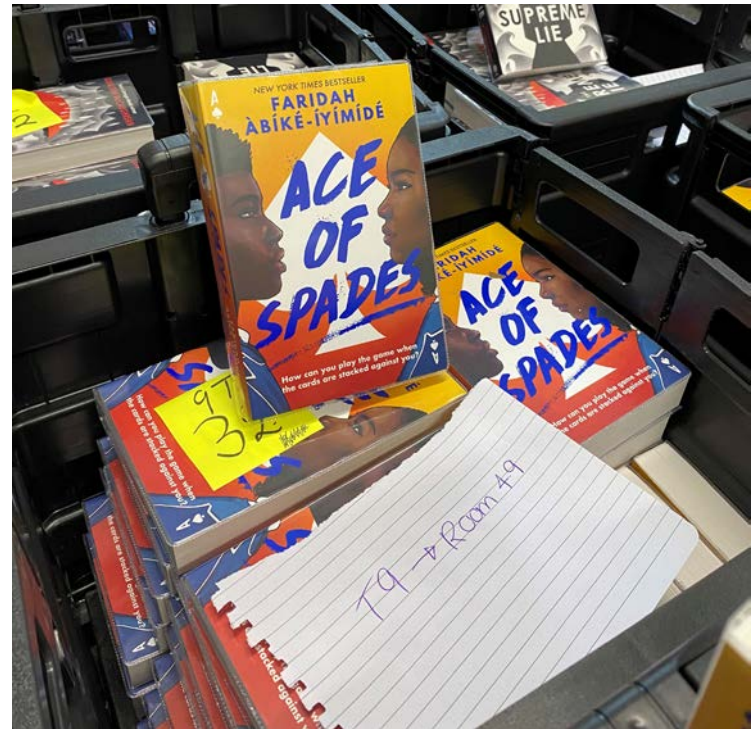
At OPGS, we are very keen to promote a reading culture...

A reading culture is an environment where reading is championed, valued, respected, and encouraged. Reading lies at the heart of the curriculum, and it's of the upmost importance to a child's personal, social, and academic success, as well as their general wellbeing.

Ms George, is driving Whole School Literacy, through a variety of avenues. Here is a snippet of some of the activities students and staff have been involved with this term...

## Year 7-9 Literacy Assembly

Ms George led an assembly for our Yr 7-9 students to discuss with them what is literacy and the importance it can have in our everyday lives. From fostering a love for your favourite subjects, through the different specialist terminology used in each academic field to reading for pleasure to enhance your vocabulary. Indeed, analysing the scores of nearly 11,000 14-year-olds in a word exercise, the researchers from the UCL Institute for Education found that teenagers who read for pleasure every day understood 26 per cent more words than those who never read at all in their spare time. The benefits of reading are far reaching; it expands our minds; enriches our lives and inspires us to become who we are. British philosopher, William Godwin, expounded "He that loves reading has everything within his reach".



## Form Time Reading Programme

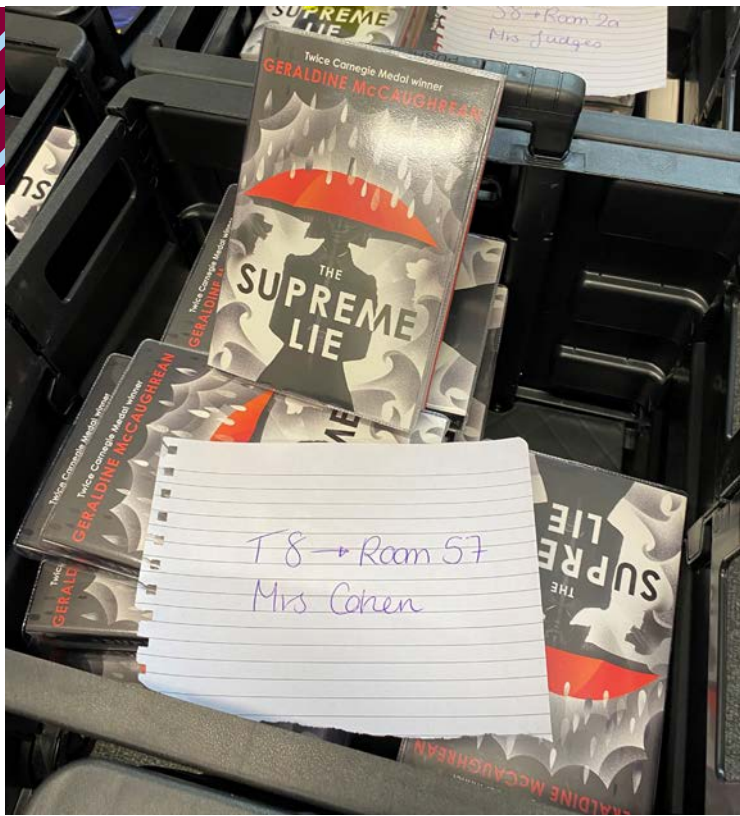
We have recently set up a Form Time Reading Programme – active shared reading. Form tutors in the lower school have been given class sets of books to read collectively with their class during PM registration sessions. The different books we are starting with are:

**Yr 7 The Memory Thieves by Darren Simpson**  
This multi-layered thriller is thought-provoking and compelling. The blissful façade of life at the Sanctuary crumbles very gradually as Cyan and his friends painstakingly peel back the layers of deceit and manipulation to reveal something truly shocking. New resident, Jonquil, begins to resist the sanctuary's treatment, preferring to hold on to her memories - even the bad ones. So when Dr Haven resorts to harsher measures, Cyan embarks on a secret mission to discover the truth about the sanctuary and himself.

**Yr 8 The Supreme Lie by Geraldine McCaughrean**  
Twice Carnegie medal winning Geraldine McCaughrean's enthralling new novel is set in a world paralysed by natural disaster and dangerous lies.

**Yr 9 Ace of Spades by Faridah Abíké-Íyímídé**  
Gossip Girl meets Get Out, this YA contemporary





The basic plot of the book is that in one fateful instant the family dreams are crushed, and for the protagonist, schoolgirl Mabel Oakley, it seems rather than staying on at school, she will have to swallow her pride to take that position as in-between maid after all. It is every bit as unpleasant as she expected. But help is going to come from a quite unexpected direction and bring her dreams to life again.

The next Book Club pick will be handed out for members to get stuck in over the Easter Holidays, so watch this space for our latest update in next term's edition.

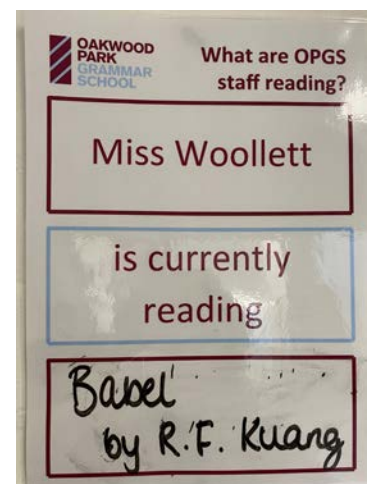
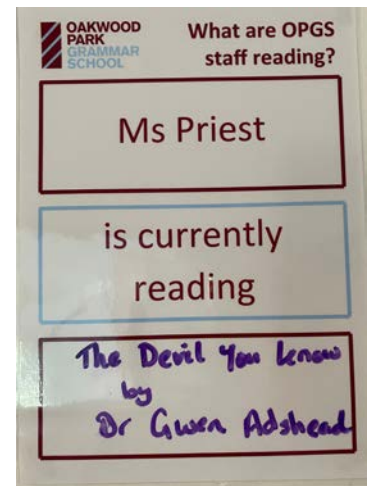
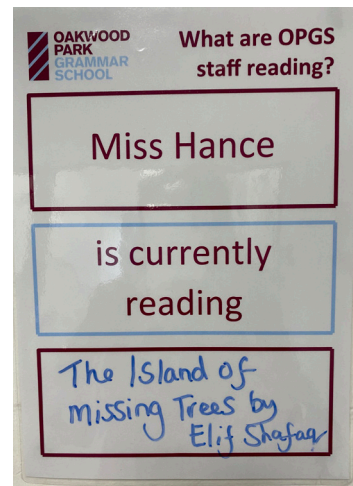
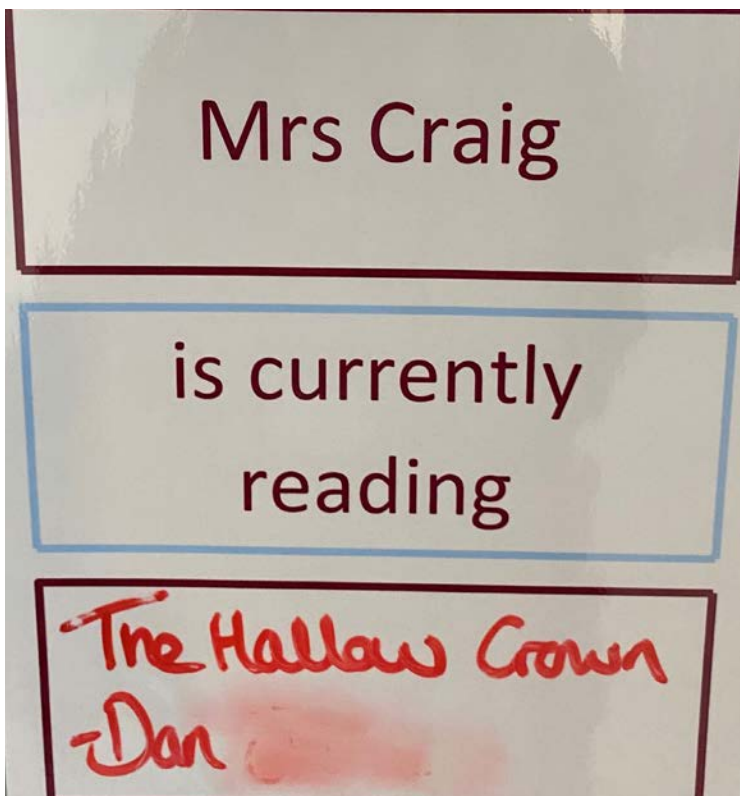
thriller is about two students, Devon & Chiamaka, and their struggles against an anonymous bully.  
OPGS Page Turners

The staff and Sixth Form students at OPGS are very excited to meet for their first book club. The books have come hot of the press from The Reading Agency and our job is to read, review and discuss the different titles, that push us to pick something outside of our comfort zone and tackle stories and issues from a variety of different perspectives. Our first book club meeting was about *The Girl Who Dared to Dream* by Diney Costeloe.

## What Are OPGS Staff Reading?

Here's a selection of pictures of what the staff at OPGS are currently reading...

Does this give you any inspiration for your next novel? Peruse the titles and take your pick, to add to your own 'To Be Read' List



# Read and Review Opportunities

The students at OPGS have been given some exciting opportunities to read and review titles hot off the press from the publishing house.

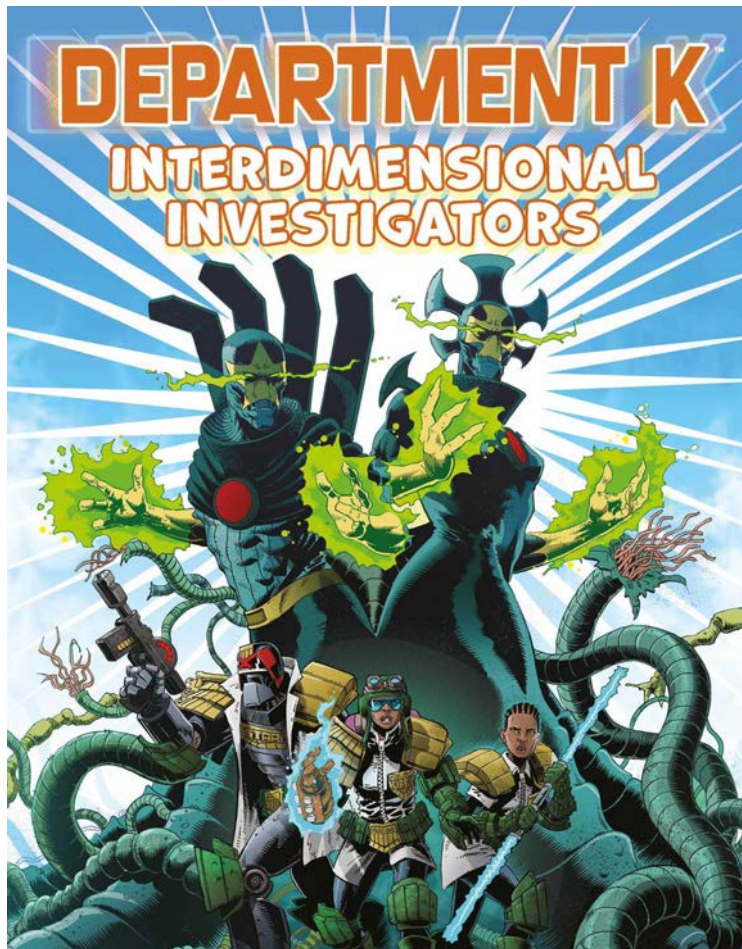
Students in Year 7 have been given the chance to engage with the Science Fiction graphic novel series Department K: Interdimensional Investigators and Regen Vol. 4 in which tech whizz Cadet Afua is the newest intern at Mega-City One's Department K. A team made up of geeks, robots and misfits, their job is to protect our dimension at all costs! For beyond the fabric of reality lies a multitude of multiverses and monsters, determined to reach our world. But when a routine mission goes wrong, Afua and her new team become stranded in a different dimension. If Afua is to survive - let alone pass - this internship, she'll have to find her way home from the furthest corners of the multiverse. Sixth Form students studying Sociology or Computing at A Level were gifted Influential because the core themes of the novel interleave to the courses they are doing. By touching on issues of online trolling, pornographic deepfakes and mental health conditions, Influential by Amara

Sage is sure to be a thrilling read.

Almond Brown has no friends in real life... but 3.5 million followers online. Influential by Amara Sage is a heart-felt, unmissable exploration into what it would really be like to be internet famous at 17: a cautionary tale for our time from a writer who has grown up with social media.

Almond is forced into the spotlight when she was just a perfectly filtered bump: her mum has been documenting their family through social media since before she was born. And her family enjoy all the rewards that come from that level of influence. Only, it's not the life Almond would have chosen for herself, and being on a platform all the time has made her anxious and insecure. When the darkest side of the internet begins to haunt her, Almond feels like she's going to lose everything... If only she could see that she has a real-life, too, full of friends and family who love her, and that it could save her.

Look out in the next edition of @Oakwood to read the students' reviews of these exciting new titles!



# James Bond: A National treasure

What comes to mind when you think of English culture? Tea and crumpets? Perhaps. A red double decker bus? Undoubtedly! But when it comes to the silver screen, there is only one man who stands above all other Brits. His name is Bond... James Bond.

Yes, 007 has been providing the world with breathtaking cinema for over 60 years now. From the iconic era of the late Sir Sean Connery to the modern blockbusters of Daniel Craig, the man with a licence to kill has proved he can outlast almost every film franchise in history. The series, which now has 25 official instalments, has lasted longer than Star Wars, Jurassic park, Indiana Jones, Ghostbusters, and almost any other consistently running classic film series. The secret behind Mr Bond's longevity is the franchises ability to change with the times.

The 1960s was Bond in his prime, from the iconic lines ("A martini, shaken not stirred"), to the cool cars (the Aston Martin is still used to this day), to the stupid names (I mean what were they thinking with Pussy Galore?), Sir Sean Connery not only birthed the Bond film, he birthed the blockbuster. Although he only played 007 once, and in the middle of Connery's run, George Lazenby, turned in a solid and truly heart-breaking performance as Bond in 'On her majesty's secret service'. The 1970s and 1980s brought more camp in the form of Sir Roger Moore, who had perhaps the most

ridiculous films of the franchise, but for some, that's what Bond should be. Timothy Dalton and Pierce Brosnan both tried to make Bond a bit more realistic, but by Die Another Day, Brosnan's final appearance as 007, things had become ridiculous again (he had an invisible car and the villain had an ice castle?!).

That's when it was Daniel Craig's turn. In 2006, he turned Bond into what many fans had been waiting over 40 years to see: a gritty haunted 007, at the start of his career. It's clear that the director took inspiration from Christopher Nolan's 'Batman begins', which came out a year earlier, but what they created is to many the definitive take on the character, who grew over the course of Craig's tenure. This is perhaps the best example of the franchise reinventing itself. If you were to compare No Time to Die, the most recent 007 film, to Moonraker, arguably the most ridiculous chapter of the franchise, they're completely opposite to each other.

But that is where I believe the franchises greatest strength lies. No matter what you're in the mood for, classic or modern, gritty or silly, the 007 franchise has something for everyone. They're movies you can bond (no pun intended) over with your parents or grandparents, and they are keys to the evolution of cinema. That is why I am showing Goldfinger in Cinema Club...for their eyes only..

If anyone has a genuine interest in movies, not just Bond, join me, Fin Armstrong, in room 12 on Thursday lunchtimes. save her.



With Year 11 and Year 13 students soon to embark on their exams, here is some guidance on how you can use 'Flash Cards' to help you revise.



PiXL

## Using flashcards

- Using flashcards is a repetition strategy.
- They are a simple 'cue' on the front and an 'answer' on the back.
- Flashcards engage "active recall".



PiXL

There are many reasons why flashcards can help you learn. Let's explore them....



PiXL

## Why flashcards help you learn

- They help you to 'recall' information – this creates stronger connections for your memory.
- They promote self-reflection which ingrains knowledge into your memory.



PiXL

## Why do flashcards help you learn?

- When you make and use flashcards, you take control of your own learning.
- You have to decide what to put on each card, how often you're going to use them and then evaluate how well you know the information on each card.
- By doing all these things, you are using 'metacognitive processes' which have been proven to enhance long-term learning.



PiXL

## Why do flashcards help you learn?

- They help you to memorise facts quickly.
- Drilling - flashcards help you to practise the same information over and over again - and as we know, practice makes perfect!



PiXL

You need to 'be smart' when making & using flashcards to make sure you are effective....



PiXL

## How to make flashcards

1. Ensure that the flashcards have a question or key term on one side and the answer or definition on the other.
  - The flashcard must work the memory.
  - If flashcards only contain notes then no retrieval practice will be happening.



PiXL

## How to make flashcards

5. Use different coloured cards or pens to categorise your flashcards. For example, use a different colour for each subject or topic. This can help your brain to categorise information better.

6. Make your flashcards as soon as you've learnt the topic in class.



PiXL

## Being smart when using flashcards

Studies have found that it's more effective to review a whole stack of cards in one sitting rather than to carry them around with you and glance at them every so often.

Flashcards are not an effective method for last-minute cramming!

PiXL

PiXL

## Being smart when using flashcards

- Use spaced repetition - Review your cards at specific, increasing intervals: for example on Day 1, Day 2, Day 4, Day 8 and so on.

- Spaced repetition works because it activates your long-term memory, while leaving small breaks in-between studying uses your short-term memory.



PiXL

## Being smart when using flashcards

- Make sure you have a 'thinking pause' after picking one up and reading the question, then turn the card over to read the information.
- Once you get an answer right using your flashcards - DO NOT DISCARD IT! You need to keep repeating the questions even if you get it right multiple times otherwise it will fall off your memory.



PiXL

PiXL

## Being smart when using flashcards

- Try writing the answer or definition in your own words and giving examples. This will help your learning and recall.
- Try 'interleaving'. Once you have several decks of flashcards for different subjects and topics, try mixing them up. This will test your knowledge across subjects in a single session. Make sure you are confident enough to do this every so often.



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## Using a system to revise with flashcards

The Leitner system is a well-known and very effective method of using flashcards. It's a form of spaced repetition that help you study the cards you don't know more often than the cards you already know well.

In the 1970s, a German populariser of science, Sebastian Leitner, developed the method.

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<https://www.parent24.com/Learn/School-exams/watch-how-to-study-using-flashcards-20160825>

## Leitner System – The Method

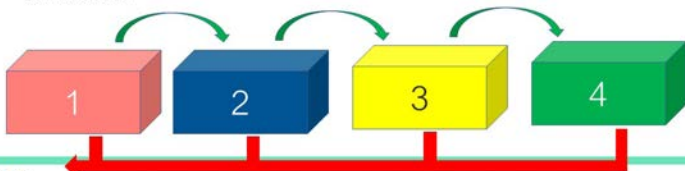
All flash cards start off in Box / Stack 1.

If you give the wrong answer the card stays in box 1.

When you review cards in Box 2, if you still get it right you move the card to box 3 and so on until all cards are in Box 4.

If you get a card wrong in any box, it goes back to Box 1.

As you review the cards, each card you answer correctly goes into Box 2.



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## Leitner System – The Key

The key is that the cards you know less well are reviewed more frequently than the cards in the higher boxes.

You now must choose the frequency at which you review each box.

Box 1: Every day  
Box 2: Every 2 days  
Box 3: Every 3 days  
Box 4: Every 4 days

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## Remember...

Flashcards should be used to test your knowledge, not just as a way to condense your notes further.



Rereading notes is a passive learning activity so is not an economical use of your revision time.

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## How to make flashcards

2. Ensure the right questions and knowledge are on the cards.
3. Keep information as short as possible.
4. Write clearly. You should be able to read what you wrote at a very quick glance.



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# Rowing – Cade Breytenbach

The Inter regional qualifiers in which I rowed a double with my double partner, who does not attend this school, took place at London Docklands, a London rowing club adjacent to London city airport.

The event occurred on the 26th of February 2023 and the entire event lasted around half the day, from approximately 7am to 3pm. We competed in the Junior 15 open doubles, meaning that both males and females could compete, however this does not happen often. 4 juniors, including myself, went accompanied by 3 coaches. When the

results were released later in the day, my double partner and I were not that surprised to see we had won, as we felt we performed very well on the day. On the day, the temperature and wind speed was intense, as this was in the centre of London. We managed to get a time of 4:06 and beat 2nd place by 4 seconds and beating 3rd place by 14 seconds. I believe that confidence is key and the fact that we won by such a sizeable margin was incredibly relieving as we trained very hard for the day over the span of many weeks. After all this, on the 22nd of April, I will travel to the Nottingham national Watersports Centre, to row 2000 meters.



# World Book Week

Since it was first celebrated in the UK and Ireland over 25 years ago, World Book Day has grown to become an essential calendar fixture for schools,

settings and communities. As a result, the emphasis for this year was on making it YOUR World Book Day. This year, to celebrate the theme, it was not just through World Book Day on Thursday 2nd March, but instead, the school community was involved in a whole host of activities for a week to celebrate our love of reading:

- For World Book Day different members of staff dressed up as their favourite book characters and students completed a quiz to guess who they were, for a book token prize.
- In the library, Mrs Davies ran a Book Fair across the week introducing a great range of books for all students.
- There was a Big Book Swap on Friday 3rd March in which students were generous and eco-friendly in their contributions to bring in books they have read to swap with other students; introduce themselves to new titles, discuss recommended reads and share their love for a good book that they have already enjoyed to a different avid reader.
- On Tuesday 7th March, the whole school was silent for Drop Everything and Read (DEAR).



Everyone read. This is when staff and students alike were interrupted in their normal flow of timetabled lessons with a bell signalling time for everyone to put down their pens and take out their books. The DEAR happened for 10 minutes at a time at different intervals to encourage a love of reading by giving space in our busy day for this to happen. Since then, we have overheard corridor conversations of students waiting to get into form time, so they can sit and continue to read their book, that they have gotten into, after being given a chance to do so!

- An Audio Anthology has been curated by Ms Beeney, in charge of Digital Literacy, where all students, staff, and parents can listen to excerpts from teachers' favourite books. Our new audio anthology is now available here: <https://t.co/7W6YVB0ruV> Tune in to discover new stories.

Mrs Davies, who co-ordinated all these events, has said:

'World Book Week is a wonderful opportunity for the whole school to unite and share their love of reading. I am very proud to see the library in constant use and the students sharing their love for books. Stories are an exciting way to learn about other people, cultures and experiences. The reading journey that OPGS has embarked on will ensure that all staff and students are thoughtful and caring individuals.'



